



THE FRONTLINE

SPORTS & RECREATION

OCTOBER 22, 2009

New golfers get in the swing of things at Hunter, Stewart courses



Golf instructor Jaime Deniziak gives putting tips to Sonte Davis, age 10, at the free golf clinic for members of the Fort Stewart-Hunter Army Airfield military community at Hunter Army Airfield, Oct. 17.

Steve Hart
Hunter Army Airfield Public Affairs

Golf has grown dramatically since its early creation and now has millions of people playing the sport worldwide. According to the National Golf Foundation, there are more than 30,000 golf courses worldwide with 500 new courses opening every year in the United States.

To expose the game to new players, the Fort Stewart-Hunter Army Airfield Directorate of Family and Morale, Welfare and Recreation has begun offering free golf lessons to members the military community.

Golf is a sport that you can play with Family and friends or all by yourself, and it's a sport that can be enjoyed, whether you're 12 or 70, said Jaime Deniziak, golf instructor.

The Hunter and Fort Stewart golf courses offer clinics to servicemembers, Spouses, children, retirees and Army Civilians who are interested in trying something new, Deniziak said.

"Golf is a game of skill," explained Tommie McArthur, director of golf at Stewart-Hunter. "Driving a golf ball over several hundred yards to a small hole no more than a few inches in diameter and sinking the golf ball into the hole isn't particularly difficult. But being able to do so with three, four or five strokes is a challenge that has even driven people mad in the pursuit of the perfect game."

"I've come out to hit some balls at the driving range before," said Candy Bryant,

Family Readiness Support assistant, 224th Military Intelligence Battalion. "But I never knew what I was doing. It's nice to get these lessons so I can finally figure out what I was doing wrong."

Despite the chill in the morning air, 11 other members of the Hunter military community joined Bryant on the Hunter course Saturday.

"I played with my mom's friends last Thanksgiving," said Sonata Davis, whose mother, Glenada, manages the Hunter Self Service Supply Center. "I got golf clubs for Christmas last year and told my mom I wanted to learn to play," she added between practice putts.

The lessons have had an impact on one new golfer, in particular.

"I'm new to the game myself," said Lt. Col. Jose Aguilar, Hunter garrison commander. "As I try to figure this game, it's already clear to me that fundamentals of golf are the building block as in any combat operation we train for in the Army. In golf, it is essential that you build a solid swing, with proper technique being the key. This will allow you to achieve greater success and have fun in the game."

Free golf lessons are available at the Fort Stewart Golf Course the first Saturday of each month from 11 a.m. to 1 p.m. and at the Hunter Golf Course the third Saturday of each month from 11 a.m. to 1 p.m. For more information, contact the Fort Stewart golf course at 767-2370 and the Hunter golf course at 315-5910.

Bike helmets save lives, protect heads

Chief Gary J. Glemboski
*Hunter Army Airfield
Directorate of Emergency Services*

More than 700 bicycle riders are killed in the U.S. every year, almost all in collisions with cars, and 75 percent of those killed die of head injuries. In fact, each year in the United States, about half a million children are seriously injured in bicycle-related accidents, and most injuries could have been avoided if a helmet was worn.

Many parents ask, "Does my child really need one?"

The simple answer is 'yes.' Laws now require helmets in many areas. In Georgia, traffic code 40-6-296, E, 1, states anyone under the age of 16 must wear a helmet. At Fort Stewart-Hunter Army Airfield, AR 385-10, Section 11-11, B, 2 (Aug. 23, 2007) requires all bicycle riders to wear helmets. Medical research shows that a bicycle helmet can prevent 85 percent of cyclists' head injuries. Since we know that children and adults have to wear helmets, let's answer some other questions.

How much does a good helmet cost?

Helmets sell in bike shops or by mail order starting at \$30, or in discount stores such as Walmart, starting at \$10. A good shop will help with fitting, which is an important safety factor. A discount helmet can be equally protective if you take the time to fit it carefully on your child. But helmets are worth the expense,

so don't wait for a sale.

Will I have to buy one every year?

No. Heads don't grow like legs and feet. Many child helmets come with two or even three sets of foam fitting pads. You can start out with the thicker pads and use the thinner pads as your child's head grows. The fitting pads do not affect the impact protection of the helmet, which is provided by the firmer crushable polystyrene foam.

Will my child actually wear it?

Yes and no. Yes, if other children wear one, their parents use theirs and the child is allowed to pick out the one he or she really wants. No, if the helmet makes your child feel like a geek, nobody else uses one or it does not fit well. Perhaps you will have to enforce the rule but most situations fall somewhere in between. The key motivator of helmet use for kids is fashion, the "cool factor," not safety.

Does a toddler need a helmet?

A child of any age needs head protection when riding, but a toddler's neck may not support the weight of a helmet. For this and other reasons, nobody in the injury prevention community recommends riding with a child under one year old. Toddler heads vary in shape, so pay careful attention to fit. The helmet should sit level on the child's head, and fit securely with the strap fastened.

Jump in, get fit!

Free Aquatic Fitness Classes

Newman Fitness Center

Shallow Water
Mondays: 6-7 p.m.
Thursdays: 6-7 p.m.

Deep Water *
Tuesdays: 9-10 a.m.
Thursday: 9-10 a.m.

* Flotation belts are worn for safety.

Georgia State Annual Seniors Bowling Tournament

*Handicap Doubles and Singles Event
now through Nov. 8
Marne Lanes*

For more information, call Fort Stewart's Marne Lanes (912) 767-4866. Participants must be a USBC member and 55 years or older.

Registration open for CYSS basketball, cheerleading

Child Youth & School Services

Registration for Fort Stewart youth basketball and cheerleading is now open and will end Dec. 31 or when all slots are filled. Registration is open to all Child Youth School Services members living on or off post, ages 5-18 for basketball and 6-13 for cheerleading. Register at Fort Stewart CYSS, building 443 on Gulick Ave. The Stewart CYSS is open 8 a.m. to 5 p.m.; Monday, Tuesday, Thursday, and Friday and 9 a.m. to 6

p.m., Wednesday. For more information regarding registration procedures, please call 767-2312. For more information regarding the basketball or cheerleading program, or to see if you qualify for sports fee waivers or discounts, please call 767-4371. Volunteers are also needed to coach teams. If interested, please visit CYSS or call 767-2312 to have your name placed on a coaches list. All volunteers will be required to fill out a registration form and submit to a background check.

CYSS offers youth intro to golf

Child Youth & School Services

Child, Youth & School Services has partnered with the First Tee program to bring an exciting opportunity to youth at Fort Stewart-Hunter Army Airfield through golf.

First Tee wants to introduce young people to the game of golf and, more

importantly, promote character development and life-enhancing values through the game.

The First Tee program is offering free six-week sessions to CYSS youth, ages 5-18.

There are a total of 15 slots available per age group at each installation.

To sign up or register,

please stop by the CYSS Central Registration offices located, building 443, on Fort Stewart or call 767-2312; or visit building 1286 at Hunter Army Airfield, 315-5425.

For more information about SKIESUnlimited programs at CYSS call Amber Vega, instructional program specialist at 767-6071.

HELMET from Page 1C

What about standards?

All helmets sold in the U.S. must meet the U.S. Consumer Product Safety Commission standard and state that on a sticker inside. Outside the U.S., you should look for a standards sticker like the European CEN standard or the AUS standard in Australia. Fit is not tested by any of the standards, so try the helmet on your child's head.

Which one should I buy?

There are many good helmets on the market. The Schwinn Thrasher, Bell Amigo, Bell Trigger and Giro Me2 are all good. But since the impact performance is legally regulated, you can choose based on how well a helmet fits your child and which one your child likes and of

course the price. Look for one with a smooth shell in a bright color. Check for a pinch-proof buckle. Try it on your child, adjust the straps and pads or the inner one-size-fits-all ring, and then make sure it will not come off.

Replace any helmet when your child crashes in it. Impacts can crush the foam and the helmet is less protective even though the damage may not be readily visible. Helmets soften impact, so the child may not even be aware that their head hit until you examine the helmet for damage. Replace the buckle if it cracks or if any piece of it breaks off.

Helmets are cheap protection for you and your child. It's the law, and it's the right thing to do.

87th CSSB officers take Pyramid Challenge



Photos by Spc. Gaelen Lowers, 3rd Sustainment Bde Public Affairs
ABOVE: Lieutenant Colonel Kimberly Daub, commander of the 87th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, swims across the pool at the Newman Fitness Center during the 87th CSSB's Pyramid Challenge, Oct. 19. The Pyramid Challenge consists of four events: swimming, running, bicycling and canoeing.

BELOW: Soldiers from the 87th Combat Sustainment Support Battalion, 3rd Sustainment Brigade ready their bicycles to go on the three-mile portion of the 87th CSSB's Pyramid Challenge, Oct. 19. The bicycling course went from Newman Fitness Center to Holbrook Pond where the canoeing portion of the challenge took place.



ABOVE: Chief Warrant Officer Robert Scott (foreground) and Capt. Tennille Derickson, both from 87th CSSB, run the 2-mile run portion of the Pyramid Challenge. The running event was the second portion of the challenge, followed by cycling and canoeing.

Liberty County



October 31, 2009

10 a.m. - 4 p.m.

At the Grounds of the

Liberty County YMCA, Hinesville, GA

FREE ADMISSION FOR ALL

- Contests for all Ages
- Fall Festival Games
- Entertainment & food
- Hayride & Train
- 27 Foot Rock Climbing Wall
- Costume Contest Children & Adult
- Children's Story time
- Horse & Pony rides
- Dunking Booth
- Arts & Craft booths
- Liberty County Humane Society
- Lowes "Build to Grow"
- Moon Bounce & Obstacle Course
- American Hero vehicles
- Hinesville PD Children's Fingerprinting
- DUI simulator and roll over vehicle
- GA DNR Live Animal Display
- Free swim at the YMCA & much more!

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TIME OUT! Type-casting teams

Sports Commentary by
Jennifer Hartwig
Fort Stewart Public Affairs

In life, there are the blessed, the cursed, the lazy and the hard-working.

It is the same in sports.

There are those teams blessed with talent – the teams that can do no wrong; then, on the opposite side, there is the team that can do no right – the blooper never drops in, the hole in the defense never opens.

Some can overcome lack of talent or a lower payroll with a four letter word: T-E-A-M. When a group of athletes plays together as one cohesive unit, there is no limit to the heights they can achieve.

There are those teams that exceed our expectations (this year's Denver Broncos and Minnesota Vikings), and those teams that have all of the talent in the world, but can't do anything with it (I'm talking to you, Tennessee Titans).

After Sunday's NFL games, I'd like to discuss three kinds of teams: The lucky, the loveable losers, and the underachievers.

Type one: the lucky

Luck-y – adjective. Having or

marked by good luck; fortunate.

If you watched the Vikings game yesterday, "luck" is probably one of the first words that came to mind.

It seemed like Minnesota had the game wrapped up, but then Baltimore made a 17-point comeback. With two seconds left in the game, Ravens' kicker Steven Hauschka lined up for a 44-yard field goal... and it sailed left to give the Vikes the win.

If you play for a lucky team, you always recover the clutch fumble, or the other team's kicked always misses the game-winning field goal.

So far this year Minnesota, despite having a hasn't-even-hit-his-prime Adrian Peterson and at-the-top-of-his-career Jared Allen, has relied heavily on luck. Even the fact that a 40-year-old Brett Favre is playing as well as he is seems lucky for the Vikings.

Type two: the loveable losers

Los-er – noun. A person, team, thing, etc., that loses.

Every person loves their team, but sometimes they just don't have "it."

They're like the Bad News Bears, or the 2009 St. Louis Rams – no matter what they do, they just can't win.

They don't really have the talent, and they don't have the necessary

experience, or they have "too much" experience (i.e. old guys), and those three things put together add up to an oh-and-whatever season.

But sometimes, for the team that you thought was the lovable losers, it finally comes together: the defense starts blocking, players start making hits, and holes start opening for the runners. Then, suddenly, they aren't the lovable losers, but the over-achievers. That's when it's fun.

Unfortunately, St. Louis fans, I don't see that happening for your guys this season. Sorry.

Type three: the underachievers

Un-der-a-cheive-er – noun. A person or thing that performers below expectations.

The worst of all of the teams - the underachieving team has all of the talent in the world, but can't seem to get it together.

This team has the all-star lineup, the high payroll; maybe they had a great season last year. But when it comes to playing as a team ... well, let's just say that, sometimes, there is an 'I' in team - but it's not a very good team.

This is the team that, after a loss, can't believe they were beaten by a team that seemed inferior.

The best example of this is the Tennessee Titans.

Last year they were 12-0 at one point. They have most everyone back (minus Albert Haynesworth), LenDale White came back looking like a real tailback and not a regular at the all-you-can-eat buffet, and Chris Johnson is playing great football, but they just can't seem to put it together this season.

Sunday, they put up a big ol' goose egg on the scoreboard, gave up 59 points to New England. It was pathetic to watch, and there is nothing I hate more than a team who gives up.

Everyone thought Tennessee would be good – very good even – but instead, they are essentially out of any playoff contention, and need to go back to the drawing board for next season, mainly finding out who the real Vince Young is (let's hope it's the 2007 version, and not 2008), and maybe even re-evaluating the future of Jeff Fisher.

But no matter what type your team is, lucky, loveable losers, under-achieving, unstoppable, or just plain bad, keep rooting them on, because the only thing worse than a bad team is a fair-weather fan.

Fort Stewart Marne Conference

	Team	Wins	Losses	Win Pct.
1t.	92nd ENG	6	0	1.000
1t.	92nd CHEM	5	0	1.000
1t.	HHC 2ND BDE	5	0	1.000
4.	WTU/MEDDAC	4	1	.750
5.	549th MP Co.	4	3	.571
6	984th EN BN	3	3	.500
7t.	1/64 AR	3	4	.429
7t.	24th ORD Co.	3	4	.429
9.	15th ASOS	2	3	.400
10.	HHG USAG	2	4	.333
11.	554th EN Co.	2	6	.250
12.	A CO 3/7 IN	1	5	.167
13.	DIVISION STB	1	11	.083

FORT STEWART FLAG FOOTBALL STANDINGS

AS OF OCT. 13

Fort Stewart Rocky Conference

	Team	Wins	Losses	Win Pct.
1.	1/76 FA	7	1	0.875
2.	Co. 3/15 IN	6	2	.750
3t.	A Co. 26th BSB	6	3	.666
3t.	B TRP, 6/8 CAV	4	2	.666
5.	A Co 1/41 FA	5	4	.556
6t.	632nd MAINT Co	3	3	.500
6t.	A Co. 4-3 BSTB	3	3	.500
8.	HHB 1/41 FA	3	4	.429
9.	Dining Facility	2	5	.286
9t.	HHC 1st BDE	2	5	.286
11.	G 1/41 FA	2	7	.125
12.	B Co. 1/41 FA	1	8	.111

Fort Stewart Atlantic Conference

	Team	Wins	Losses	Win Pct.
1.	A Co. 703rd	5	0	1.000
2.	A Co. 3D BSB	4	1	.800
3.	B Co. 3/15 IN	3	2	.600
4.	C Co. 703rd	2	3	.400
5t.	HHC 1-30 IN	0	5	.000
5t.	3 SB	0	5	.000

20

30

40

50

60

70

80

90

